



# Foods Can Help Protect Your Child From Lead Poisoning

If your children have been exposed to lead, you can protect them by making sure they eat well. Eating good foods will help their bodies fight lead poisoning. Children get lead poisoning because they have accidentally swallow small amounts of lead dust. Lead may be in part, dust, soil, drinking water and food. Children may take in dangerous amounts of lead because they often put their hands and other things in their mouth. Lead can damage the brain and other organs in young children

## **Serve your child at least three meals a day**

Children have higher risk of lead poisoning when;

- \* they have poor appetite;
- \* they have poor nutrition; or
- \* they do not eat regularly.

Poor nutrition and an empty stomach make the body absorb more lead. Feed your child well-balanced meals. If your child does not eat much at a time, let him or her eat smaller meals more often.

## **Serve your child healthy snacks**

Healthy snacks help children with small appetites get enough food. It is hard for children with small appetite to eat enough food.

## **Follow these suggestions**

- Always wash your children's hand before they eat to wash off any lead dust.
- Keep areas clean where your child lives, play, eats and sleep.
- Keep your children from putting things that may contain lead in their mouths.
- Throw away food that has fallen on the floor or ground.
- Water from faucets may have lead in it. Let your water run for at least 30 seconds before you use it for drinking or cooking or drinking.
- Some imported pottery, china, crystal and handmade ceramics have lead. Use only lead-safe utensils for cooking or storing of food and drink.
- Do not give your children lead-containing folk medicines powders, such as greta and azarcon.
- Ask your child's doctor for a blood lead test.

## **Foods with calcium and iron protect the body against lead**

Foods with iron will help protect your child from lead poisoning by preventing the lead from being absorbed into the body. Vitamin C is important because it helps the body absorbs more iron. The calcium in milk and other dairy foods also help prevent lead from being absorbed into the body. Children need 2 to 3 servings of milk or other dairy foods each day. More servings are not necessary. Children who drink too much milk are often not interested in eating other healthy foods.



## Sources of Iron

beef	lentils	liver	tofu
kidney	dried prunes	turkey	prune juice
oyster	dried apricots	sardines	dried peaches
dried pears	lamb	molasses	greens
wheat germ	spinach	enriched bread	soybeans
whole wheat bread	iron fortified cereal	dried beans	dried peas



## Sources of Vitamin C

oranges and orange juice	tomatoes	potatoes	cabbage
grapefruits and grapefruit juice	broccoli	strawberries	cauliflower
cantaloupe	red/green peppers	honeydew	chili peppers
tangerine	summer squash		



## Sources of Calcium

milk	pudding made with milk	yogurt	cheese
canned salmon with bones	canned sardine with bones	milk based soup	tofu



## Healthy Snacks

These snacks ideas can help your children get the nutrients they need.

cheese cubes	saltine crackers with cheese	yogurt
cereal with milk and wheat germ	broccoli	orange sections
vegetable with yogurt dip or cheese	pancake with molasses	milkshake with molasses
potatoes with cheese and vegetables	ice cream topped with wheat germ	

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